



**Simone Niles**

*Let's make your life a success story!*

## Creating Success...

August 4th, 2011

Hi **Simone**,

As a performer, I have worked with many other creative people over the years and more recently as a coach. At times it requires me to 'put on a different hat' to accommodate a different role. Whether I am in the studio, on stage, in a classroom, or coaching one to one, I am still a performer and an artist. So it got me thinking recently about how much our environment really affects us and the role others play in our lives. More interestingly, how much we change when we 'put on a different hat'. Ultimately we are the same person, but certain traits stand out more than others at different times when needed and sometimes when not so needed.

How great would it be if we understood these changes and intentionally gave ourselves a chance to really shine because we wore a red hat in a situation when we would normally wear a green one? So I asked myself a few questions which helped me to clarify these changes for myself. Try it out for yourself.

## Questions:

Who am I when I am on stage? (add where is relevant to you)

Who am I when I am at the studio? (add where is relevant to you)

Who am I when I am with... (add who is relevant to you)

## Answers:

When I am on stage I am **creative, excited (sometimes nervous), expressive, in the zone (sometimes), relaxed/energised, focussed... GREEN**

When I am at studio I am **relaxed, focussed, eager to learn, prepared, a team player, on time... BLUE**

When I am with kids I am **in charge, busy, fun, totally myself, loving, warm... YELLOW**

For the sake of the experiment I have labelled my 'hats' with a colour that seems to fit each experience.

Here comes the interesting part. What if I wear my yellow hat on stage? I can totally see how this would benefit my experience. Likewise, if I wore my blue hat with my kids.

What hats do you wear and how can it help you change your own experiences in life? Why not experiment by trying on a few hats so you can find out which ones best suit you? After all it's just another reason to go shopping!

Until next time, be well...

Simone

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## NEWS

I have started a count down of the release of my first book, which is due to be published later in 2011!

**“Coaching Artistry – A Guide To Performance Excellence”** is a practical guide to help performance artists in many key areas of performance such as:

*Setting goals, practising well, creativity & passion, overcoming performance anxiety and having an action plan for success.*

Stay tuned for more exciting news about this in the following newsletters which will also include a peak inside the book!

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## FEATURED ARTICLE

### ***MAKING YOUR GOALS COME ALIVE!***

When making a goal come alive you must cover these first few steps.

- Know exactly what you want
- State your goal in a positive, specific way
- Make it a compelling goal
- Find out what's stopping you from achieving it

Once you have covered these steps, what's next? Well you now explore as many options as possible that would enable you to achieve what you set out to do. In a previous article (Setting Clear, Specific Goals - see archive) I used the example that your goal may be to play your bass with steady hands'. What could be your first step/s in achieving this?

- Maybe carefully examining your current method to find out what may be causing your hands to shake.
- Seeking outside assistance from someone who can help you.
- Doing relaxation exercises, hypnosis, and as many other things that you can do.

Now try breaking down the first step/s even further to:

- Buying an audio or visual recording device to record yourself in order to examine your current method.
- Checking the directory for coaches, NLP practitioners to find external support.
- Taking a meditation or yoga class to support your relaxation.

When you have come up with a plan you can ask yourself, "when would I like to achieve this"? Sometimes working within a time frame gives you a sense of obligation to complete something. How will you know when you've achieved it? Be specific when measuring your success. Will it be when your hands stop shaking the first time or three times consecutively? This breakdown process helps to create detailed, and when

necessary bite sized actions, which is useful for those unfamiliar with setting and following through with goals.

The more you practise this exercise, the easier it becomes and eventually what seemed to be in the far off distance is now right within your reach.

~END

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**Want to use this article in your newsletter or website?**

You can, as long as you include this complete info with it:

Simone Niles created “Simone Coaching” a space where people can transform their lives and excel in performance. She works with clients from all walks of life to achieve their goals and create success in any area of their lives. If you would like to achieve success in your life and/or performance, start by visiting [www.simonecoaching.com](http://www.simonecoaching.com)

## **ABOUT SIMONE**

**Simone Niles is a woman, a mother, a coach, a vocalist, a teacher, an author, an artist...**

Simone coaches clients from all walks of life, as a **catalyst to help them reconnect** with their inner wisdom and unique

potential, to enable them to make the best choices to **live their lives to its fullest.**

She has been an **active vocalist and tutor** for the past 16 years. She teaches privately, as well as in colleges and universities within contemporary styles of music - jazz, blues, funk, reggae, pop, R&B, soul. She has worked with a variety of artists from diverse backgrounds including Eddy Grant, members of Pink Floyd as well as Michael 'IBO' Cooper and Willie Stewart of Third World.

Read full bio [here...](#)

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